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Gardens Poet to Read from Recently Published Book

John Foy (Bldg. VI) will read from his new book, *Techne's Clearinghouse* (Zoo Press, March 2005). One reviewer said the book is "... a marvelous accomplishment and reveals what a poet of brilliance and insight can create with unobtrusive but compelling skill." John's work has appeared in *Poetry*, *The New Yorker*, *The New Criterion*, *Parnassus*, *Poetry in Review*, and many other journals. He holds an MFA from Columbia University and has taught writing at Harvard Business School, Columbia University, and Barnard College. His reviews have appeared in *Parnassus* and other publications. John lives with his wife, son, and daughter. He moved to the Gardens in 1996, and both of his children were born here.

After the reading John will answer questions, talk about what it means to write poetry in an age like ours, and sign copies of his book. Light refreshments will be provided.

Monday, July 25 at 7:00 PM
Tuttle Center, 100 La Salle, #MC

SUPPER CLUB NEWS

Look for the Posters. MRHS Supper Club is planning a gourmet dinner again this month. The menu is Southern cuisine from the fabulous *Miss Mamie's Spoonbread*.

Just call us at 212-666-4000 to reserve your place.

Date: Thursday, July 14 at 6:30 PM
Tuttle Center, 100 La Salle St., #MC
Cost: \$12.50

Please note: MRHS will be closed on Monday, July 4 in honor of Independence Day.

Long Term Care Insurance: Not Only for Older People

Long Term Care Insurance Senior Specialist **Marcey Gertsman** writes, "I have found that people do not like to talk about the prospects of needing long term care – especially if they are young. The assumption is that it's something that happens to older people. However, an automobile accident can happen and may lead to a recuperation period lasting for months, or an unforeseen illness might require years of convalescence or even worse, the need for care for life. That could have a serious affect on someone's retirement savings account.

"The solution is planning. And part of that planning should include looking into long term care insurance. It can be extremely beneficial for younger people in protecting assets, receiving good quality care and remaining independent financially and physically. Find out how to avoid the increasing costs of long term care and how adequate planning can help protect your assets and preserve an independent lifestyle. Join us for an informal discussion facilitated by myself, **Marcey Gertsman**, along with **Ray Henri**, Financial Services Retirement Specialist, who will answer questions on how best to plan for retirement."

Monday, July 18, 7:00 PM
Tuttle Center, 100 La Salle, #MC

Local Library Seeks Volunteers

The George Bruce Branch Library located at 518 West 125th Street needs volunteers. Tasks include: organizing print materials in preparation for book sale; examining donations to determine their usefulness; organizing donated materials by subject matter; assisting with letter writing campaigns. Volunteer hours can be arranged based on your availability and library hours. Anyone interested may contact librarian, Manuel Figueora, at 212-662-9727.

Director's Column

Due to space limitations in this month's Newsletter, I'd like to hand over my usual column space to make room for the items below. See you next month...

MRHS Monthly Report

During the month of **May**, the MRHS clinical care team made **588** contacts with, or on behalf of, elderly residents of Morningside Gardens. There were **385** social service casework contacts, including **89** home visits during the month. There were **204** nurse's contacts, including **99** home visits from Marie Phillips, RN. A total of **102** individuals were provided with clinical care services from MRHS during the month of May. In addition, attendance at MRHS programs for the month, including health education and health promotion groups, was **589**.

If you, or a neighbor over the age of 60, are in need of assistance, please call MRHS at 212-666-4000 for help.

The Medicare Drug Bill – Part D

As you probably already know, the Medicare Drug Bill (called Part D of Medicare) will become part of Medicare benefits as of January 1, 2006. You will have until May 15, 2006 to decide whether to join Part D and how you want to join it. You will have some decisions to make, but will have all the information you need to make these decisions.

Starting now you will be receiving some letters about this benefit from various sources - perhaps your previous employer, union, etc. Perhaps from Social Security, perhaps from your secondary insurer (AARP, Oxford, etc.) about what plan they are offering in connection with the Medicare Part D. Do not throw anything away even if you think it is not important. Things are not settled enough at present, but all the plans must have their offerings in place by October, 2005.

MRHS will be scheduling meetings to discuss all your options so that you can make an informed decision about what you want to do about this benefit.

--- Thanks to **Leila Lieberman, (Bldg. VI)**

Happy July Birthday!!

To: Tim Arai, Cecile Boyajian, Margarita Espinosa, John Gill, Maude Jenkins, Arthur Kamitsuka, Albert Lu, Michael Matathias, Doris Prillo, Helen Romain, Ana Santos, Inez Schomburg, and Isaiah Terman.

Do you have a friend, relative, or neighbor in the Gardens who is having a birthday this month? Come and celebrate with MRHS!

People with birthdays in July are all invited to our Birthday Party! Come on **Tuesday, July 19, at 12:30 PM**. MRHS provides coffee, tea, and birthday cake.

Saturday Afternoon Movies

July 2 Ararat (2002) 1 hr, 56 min.

Atom Egoyan reveals in the process of making a film on an historical event – on the subject of the Armenian slaughter by the Turks in 1914 – a profusion of historical facts and reflections.

July 9 Bringing Down the House (2003) 1 hr, 45 min. Steve Martin plays a tax lawyer hoping to meet the skinny blonde on his Internet chat room but instead is entranced with Charlene played by Queen Latifah who is in reality a heavysset prison-escapee who is funny and smart and appeals to his children.

July 16 What a Girl Wants (2003) 1 hr, 45 min. Successful remake of Vincent Minelli's 1950's comedy "Reluctant Debutante," with Colin Firth as Lord Dashwood, and Amanda Bynes as his American daughter visiting London to get acquainted with the father she never met.

July 23 Bowling for Columbine (2002) 1 hr, 59 min. Michael Moore's documentary film on American gun violence – focusing on the massacre at Columbine High School in Littleton, Colorado – raises the issue of the impact of violent entertainment and the strain of unemployment on a developed nation.

July 30 Good Thief (2003) 1 hr, 49 min. Nick Nolte as "Bob le Flambeur" – gambler and heroin addict who kicks the habit long enough to take on a casino caper in Nice, France – attracts a beautiful Russian émigré in this remake of Jean-Pierre Melville's film.

The movies will be on vacation in August.

Just a Reminder

MRHS Office Hours – The following is the MRHS Tuttle Center schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 - 6	8 - 6	8 - 6	8 - 5	9 - 5

Nurse's Hours – Marie Phillips' schedule:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9 - 5	9 - 5	9 - 5	9 - 5	9 - 5

Tuesday Lunch – Bring a lunch and join us for terrific conversation every **Tuesday at 12:30 PM** in the Tuttle Center.

MRHS Sing-Along – Brighten your spirits! Come to the Sing-Along every **Tuesday at 1:30 PM** in the Tuttle Center. **NOTE: This popular Sing-Along program returns to its original time slot on Tuesdays.**

Hypertension Screening – No screenings in July and August. The screenings will resume on **September 7, 9:00 – 11:00 AM**. (Look for the new schedule.)

The Fairway Shuttle departs now from the bus stop near 90 LaSalle St. every Monday at 1:00 PM and every Friday at 10:00 AM.

Nurse Marie Phillips' "Take Charge of Your Health" group will take a break for summer and resume in September.

For Your Information

If you have information that you think will be useful to Morningside Gardens' residents and you want it announced, please send the information to the MRHS office by the third Friday of the month (i.e., July 15). Please print clearly or type all information that you want included in the newsletter.*

***Due to space limitations, it may not be possible to include all information submitted.**

Building VI resident Phyllis Calese writes, "A 15-watt fluorescent light installed over the kitchen sink will serve two purposes: it will illuminate an otherwise dark area, and, if left on constantly (since it draws so little current, it readily can be) will provide just enough light for those middle-of-the-night excursions to which so many of us are subject."

Flea Market Update

We are now accepting donations for next Fall's Flea Market. *However*, in order to minimize the disruption of our office and staff, we are requesting that all contributions be brought to MRHS on **Wednesday and Thursday afternoons between 2 and 4 PM**. We are also requesting that contributions be in boxes, if at all possible. This protects breakables and makes storage more efficient.

If you have an emergency and need to bring something other than at the specified times, please call the office (212-666-4000) to make arrangements. **Thank you!!**

Summer at Morningside Gardens

It is not a large botanical garden
Around its buildings is a small botany of
Trees, plants, foliage, and shrubs
In spite of its difficulties with nature
The constant care they get, help them to
Grow, flourish, blossom and bloom.

As the trees breathe and dance
They speak to us in multiple ways,
Saying new life is here, enjoy.
So let's share their beauty.

Sit quietly and look up
Your eyes will see the sky
Your ears will hear the birds
Your feet will touch the grass
And there will be an aroma from flowers.

In the midst of this wavering crowd around
You can be hem-med in
And in so doing
You will find oceans of peace.

Winifred Eileen Derryck, age 92 (Bldg. 6)
6/14/05

Amsterdam Restaurant & Tapas Lounge (1207 Amsterdam Avenue between 119th and 120th St.) would like to offer a special senior citizen discount. All seniors presenting a Senior Identification card will receive 20% off their entire dining bill. This may not be combined with any other offer or promotion. For more info, call 212-662-6330.

MRHS Strategic Planning

The strategic planning process that MRHS initiated about three years ago confirmed that MRHS is indeed a healthy, well-managed, and, certainly, a unique organization. When the Strategic Planning Committee was appointed by the MRHS Board, with Board member Jean McCardell appointed as chair, the committee followed a standard planning pattern. It started with a review of the mission of the organization, developed vision and values statements, and analyzed both the internal and external strengths and weaknesses of the environment in which MRHS operates. While the mission statement of MRHS was determined to be accurate and fitting, a new values statement was created for the organization. The Strategic Plan proposed by the committee was approved in its entirety by the MRHS Board at a special meeting on March 8, 2004.

To assist in developing the plan, MRHS engaged the services of a professional consultant with expertise in strategic planning from the Council of Community Services of New York State. Throughout the process, the Strategic Planning Committee solicited input from the Morningside community. This was accomplished through residents' representation at committee meetings, as well as through the use of focus groups that comprised both younger and older residents. A demographic study of the community and of the users of MRHS services was conducted. Discussion and analysis helped identify the key organizational issues to be addressed by the plan and subsequently generated final recommendations for MRHS action. This information was then incorporated into the MRHS Strategic Plan, which was distributed to the community last year and is available at MRHS for all those who would like a copy.

Some of the findings denoted in the plan include the need for MRHS to explore the possibility of evening programs; to create a more robust volunteer force; and to reach out to younger age groups in the Morningside community. We have been working on these initiatives. Other

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recommendations involved changes in the committee structure of the MRHS Board, which is also under implementation.

The Strategic Planning Committee also recommended that MRHS take a fresh look at its by-laws, which have not been updated since our incorporation in 1966. A special committee was appointed to undertake this revision, with the assistance of expert legal counsel. The committee agreed that the MRHS by-laws needed updating to comply with changes that have occurred in laws governing not-for-profit corporations.

New by-laws have now been developed. These updated by-laws will enable MRHS to deliver our programs and services as before, but with added protection for the organization. The goal of the new by-laws, which we will discuss further in next month's Newsletter, is to carry MRHS safely and securely into the future, with the same commitment to community service and community building that has distinguished the agency for the past four decades.

Summer: Use MRHS Services

As the heat of summer becomes a reality, safeguard your health by using MRHS Shopping and Laundry Services. Every Tuesday the MRHS Health Aide does shopping for people who need help. On Thursdays, the Health Aide will do your laundry. Just call Marie Phillips at the Nurse's Office (212-666-2050) one day before you would like the services. On the day you requested the service, the Health Aide will call you to let you know what time she will be at your apartment.

And don't forget to come to MRHS and cool off! The Tuttle Center at 100 LaSalle St. is always cool and refreshing.

Bldg. I resident Asa Zatz informs us that the book, *Dream Makers, Dream Breakers, The World of Thurgood Marshall*, is available from Daedalus Books as a remainder for \$3.98. Call Daedalus at 1-800-395-2665.

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